

1. In a network environment that includes a client that is network connectable to a server over a wireless network, the server configured to perform operations on documents on behalf of the user of the client, a method for the client causing an operation to be performed on the document while potentially conserving the bandwidth of the wireless network, the method comprising the following:

an act of the client sending a document-inclusion instruction to the server, the document-inclusion instruction including an identification of the document, but not including the document itself;

an act of the client receiving an indication that the document identified in the document-inclusion instruction is unavailable to the server; and

an act of the client sending the document to the server so that the server may complete a document-inclusion operation corresponding to the document-inclusion instruction.

2. A method in accordance with Claim 1, wherein the act of the client sending a document-inclusion instruction comprises an act of the client sending an instruction to send an electronic mail, the electronic mail having the identified document as an attachment.

3. A method in accordance with Claim 1, wherein the act of the client sending a document-inclusion instruction comprises an act of the client sending an instruction to forward an electronic mail, the electronic mail having the identified document as an attachment.

4. A method in accordance with Claim 1, wherein the act of the client sending a document-inclusion instructions comprises an act of the client sending an instruction to send a meeting request, the meeting request having the identified document as a calendar item attachment.

5. A method in accordance with Claim 1, wherein the act of the client sending a document-inclusion instruction comprises an act of the client sending an instruction to send a response to a meeting request, the response having the identified document as a calendar item attachment.

6. A method in accordance with Claim 1, wherein the act of the client sending a document-inclusion instruction comprises an act of the client sending an instruction to fax a document to a particular address.

7. A method in accordance with Claim 1, wherein the act of the client sending a document-inclusion instruction comprises an act of the client sending an instruction to print a document at a particular printer.

8. A method in accordance with Claim 1, wherein the act of the client receiving an indication that the document identified in the document-inclusion instruction is unavailable to the server comprises the following:

an act of the client receiving an indication that a version of the document identified in the document-inclusion instruction is not available at the server.

9. A method in accordance with Claim 8, wherein the act of the client sending the document to the server comprises the following:

an act of the client sending the version of the document to the server.

10. A method in accordance with Claim 8, wherein the act of the client sending the document to the server comprises the following:

an act of the client sending changes made between the version of the document that the server has access to and the version of the document identified in the document-inclusion instruction.

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11. A computer program product for use in a network environment that includes a client that is network connectable to a server over a wireless network, the server configured to perform operations on documents on behalf of the user of the client, the computer program product for implementing a method for the client causing an operation to be performed on the document while potentially conserving the bandwidth of the wireless network, the computer program product comprising one or more computer readable media have stored thereon the following:

computer-executable instructions for causing a document-inclusion instruction to be sent to the server, the document-inclusion instruction including an identification of the document, but not including the document itself;

computer-executable instructions for detecting the receipt of an indication that the document identified in the document-inclusion instruction is unavailable to the server; and

computer-executable instructions for causing the document to be sent to the server so that the server may complete a document-inclusion operation corresponding to the document-inclusion instruction.

12. A computer program product in accordance with Claim 11, wherein the one or more computer-readable media comprise physical storage media.

13. A computer program product in accordance with Claim 11, wherein the computer-executable instructions for causing a document-inclusion instruction to be sent to the server comprise the following:

computer-executable instructions for causing an instruction to send an electronic mail to be sent to the server, the electronic mail having the identified document as an attachment.

14. A computer program product in accordance with Claim 11, wherein the computer-executable instructions for causing a document-inclusion instruction to be sent to the server comprise the following:

computer-executable instructions for causing an instruction to forward an electronic mail to be sent to the server, the electronic mail having the identified document as an attachment.

15. A computer program product in accordance with Claim 11, wherein the computer-executable instructions for causing a document-inclusion instruction to be sent to the server comprise the following:

computer-executable instructions for causing an instruction to send a meeting request to be sent to the server, the meeting request having the identified document as a calendar item attachment.

16. A computer program product in accordance with Claim 11, wherein the computer-executable instructions for causing a document-inclusion instruction to be sent to the server comprise the following:

computer-executable instructions for causing an instruction to send a response to a meeting request to be sent to the server, the response having the identified document as a calendar item attachment.

Variable	Mean	SD	Min	Max
Age	38.5	10.5	25	55
Gender	Male	100%		
Marital status	Married	100%		
Education	High school	100%		
Occupation	Teacher	100%		
Income	1000 TL	100%		
Health status	Good	100%		
Smoking status	Non-smoker	100%		
Alcohol consumption	Non-drinker	100%		
Stress level	Low	100%		
Life satisfaction	High	100%		
Family size	3	100%		
Religious belief	Islam	100%		
Political opinion	Neutral	100%		
Travel frequency	Low	100%		
Work hours	8	100%		
Health insurance	Yes	100%		
Medical history	None	100%		
Genetic factors	None	100%		
Environmental factors	Low	100%		
Lifestyle factors	Healthy	100%		
Genetic testing	No	100%		
Medical consultation	No	100%		
Genetic counseling	No	100%		
Medical research	No	100%		
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computer-executable instructions for causing an instruction to print a document at a particular printer to be sent to the server.

19. A computer program product in accordance with Claim 11, wherein the computer-executable instructions for detecting the receipt of an indication that the document identified in the document-inclusion instruction is unavailable to the server comprise the following:

computer-executable instructions for detecting the receipt of an indication that a version of the document identified in the document-inclusion instruction is not available at the server.

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computer-executable instructions for causing the version of the document to be sent to the server.

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21. In a network environment that includes a client that is "network connectable" to a server over a wireless network, the server configured to perform operations on documents on behalf of the user of the client, a method for the client causing an operation to be performed on the document while potentially conserving the bandwidth of the wireless network, the method comprising the following:

an act of the client sending a document-inclusion instruction to the server, the document-inclusion instruction including an identification of the document, but not including the document itself; and

a step for ensuring that a document-inclusion operation corresponding to the document-inclusion instruction is performed so as to conserve the network bandwidth of the wireless network.

22. A method in accordance with Claim 21, wherein the step for ensuring comprises the following:

an act of the client receiving an indication that the document identified in the document-inclusion instruction is unavailable to the server; and

an act of the client sending the document to the server so that the server may complete a document-inclusion operation corresponding to the document-inclusion instruction.

23. In a network environment that includes a client that is network connectable to a server over a wireless network, the server configured to perform operations on documents on behalf of the user of the client, a method for the server allowing the client to cause an operation to be performed on behalf of the user of the client while potentially conserving the bandwidth of the wireless network, the method comprising the following:

an act of the server receiving a document-inclusion instruction, the document-inclusion instruction including an identification of a document, but not including the document itself;

an act of the server determining that the server does not have access to the document other than from the client over the wireless network;

an act of the server causing the document to be sent to the server from the client over the wireless network; and

an act of the server executing the document-inclusion instruction using the accessed document.

24. A method in accordance with Claim 23, wherein the act of the server executing the document-inclusion instruction using the access document comprises the following:

an act of sending an electronic mail with the document as an attachment.

25. A method in accordance with Claim 23, wherein the act of the server executing the document-inclusion instruction using the access document comprises the following:

an act of forwarding an electronic mail with the document as an attachment.

26. A method in accordance with Claim 23, wherein the act of the server executing the document-inclusion instruction using the access document comprises the following:

an act of sending a meeting request with the document as a calendar item attachment.

27. A method in accordance with Claim 23, wherein the act of the server executing the document-inclusion instruction using the access document comprises the following:

an act of sending a response to a meeting request with the document as a calendar item attachment.

28. A method in accordance with Claim 23, wherein the act of the server executing the document-inclusion instruction using the accessed document comprises the following:

an act of faxing the document.

29. A method in accordance with Claim 23, wherein the act of the server executing the document-inclusion instruction using the accessed document comprises the following:

an act of printing the document.

30. A computer program product for use in a network environment that includes a client that is network connectable to a server over a wireless network, the server configured to perform operations on documents on behalf of the user of the client, the computer program product for implementing a method for the server allowing the client to cause an operation to be performed on behalf of the user of the client while potentially conserving the bandwidth of the wireless network, the computer program product comprising one or more computer-readable media having stored thereon the following:

computer-executable instructions for detecting the receipt of a document-inclusion instruction, the document-inclusion instruction including an identification of a document, but not including the document itself;

computer-executable instructions for determining that the server does not have access to the document other than from the client over the wireless network;

computer-executable instructions for causing the document to be sent to the server from the client over the wireless network; and

computer-executable instructions for executing the document-inclusion instruction using the accessed document.

31. A computer program product in accordance with Claim 30, wherein the one or more computer-readable media are physical storage media.

32. A network comprising:

a mobile wireless device; and

a server computer system that is network connectable to the mobile wireless device
over a wireless network;

the mobile wireless device comprising:

a local store containing at least a document;

a networking module configured to send and receive communications over
the wireless network to and from at least the server computer system; and

a processing module configured to cause a document-inclusion instruction to
be sent to the server using the networking module, the document-inclusion
instruction including an identification of the document, but not including the
document itself, the processing module further configured to detect, using the
networking module, the receipt of an indication that the document identified in the
document-inclusion instruction is unavailable to the server, the processing module
also configured to thereafter cause the document to be sent to the server so that the
server may complete a document-inclusion operation corresponding to the
document-inclusion instruction.

33. A network comprising:

a mobile wireless device; and

a server computer system that is network connectable to the mobile wireless device
over a wireless network, the server computer system comprising:

a local store that does not contain a particular document;

a networking module configured to send and receive communications over
the wireless network to and from at least the mobile wireless device; and

a processing module configured to detect, using the networking module, the
receipt of a document-inclusion instruction from the mobile wireless device, the
document-inclusion instruction including an identification of a document, but not
including the document itself, the processing module further configured to determine
that the server does not have access to the document other than from the client over
the wireless network, the processing module further configured to thereafter cause
the document to be sent to the server from the client over the wireless network, and
to execute the document-inclusion instruction using the accessed document.

34. In a network environment that includes a client that is network connectable to a server over a network, the server configured to perform operations on documents on behalf of the user of the client, a method for the client sending an e-mail with an attachment using the server, the method comprising the following:

an act of the client sending an e-mail to the server, the e-mail including an identification of a document that is to be included in the e-mail as an attachment, the e-mail not including the attachment itself;

an act of the client receiving an indication that the document identified in the e-mail is unavailable to the server; and

an act of the client sending the document to the server so that the server may attachment the document to the e-mail.